

# Safety in the Dining Room

Prevent accidents and injuries by following safety rules in the dining room.

## Carrying Food and Dishes

Carrying food and dishes can be tricky in the hustle and bustle of the dining room. It can also be dangerous. Below are some safety tips to follow.

- ◆ Pick up only as much as you can carry safely. If a tray or bus tub is too full or heavy, make more than one trip or ask for help.
- ◆ Check for any obstacles or spills in your path.
- ◆ If you need to use stairs, make sure you have a free hand to hold the railing.
- ◆ Determine where you will put a tray before you get to your destination. Set up a tray table in advance if necessary.
- ◆ Use your legs to lift a heavy tray or bus tub.
- ◆ Never pass food, beverages, coffee pots, etc. over another person.
- ◆ Avoid passing dishes, coffee pots, etc. to another person's hands. Set the item down and let the other person pick it up.
- ◆ Always carry stacks of dishes in a tub or on a tray.
- ◆ Only pour hot beverages when no one's hands are near the cup.
- ◆ Always use the proper in and out doors when going in and out of the kitchen.
- ◆ Warn customers when a plate is hot.

## Preventing Accidents and Avalanches

Logistical planning is critical for placement of cooking grills, refrigerators, doorways, and restaurant furniture and seating. Keep in mind that spills and breakages lead to wasted food, contamination, fires and dangerous areas for workers and customers. Arrange furniture, equipment and food storage adequately, so that people can move around easily with enough space to turn around or pass each other with heavy or dangerous goods.

Dishes or other objects that are stacked too high can become top-heavy and fall on you, coworkers or customers. Break down high stacks and keep equipment easy to reach and close to the ground.

## Proper Attire

- ◆ **shoes:** comfortable with nonslip rubber soles and flat heels
- ◆ **shirts:** sleeves that do not hang or droop
- ◆ **pants or skirts:** hemmed high enough to keep you from tripping
- ◆ **hat, hairnet, barrette, etc.:** to keep your hair out of your eyes and off your shoulders



## Carrying a Tray on Your Shoulder

- ◆ Before lifting a tray, position items on the tray so they are balanced.
- ◆ Bend your knees so your shoulder is parallel to the tray.
- ◆ Slide one part of the tray onto your shoulder and support the other side of the tray with the palm of your hand.
- ◆ Lift with your legs.
- ◆ To put the tray down, bend your knees and slide the tray onto the surface.
- ◆ Avoid bending with your back because the tray may tip, spilling its contents.
- ◆ Walk at a reasonable speed so if you need to stop quickly, you won't spill the tray's contents or injure yourself or others.

## Dining Area Safety Checklist

Look for safety risks such as:

- slippery areas.
- torn carpeting.
- electrical cords across pathways.
- poor lighting.
- awkwardly arranged equipment or furniture.
- blocked aisles (in case of fire emergency).